

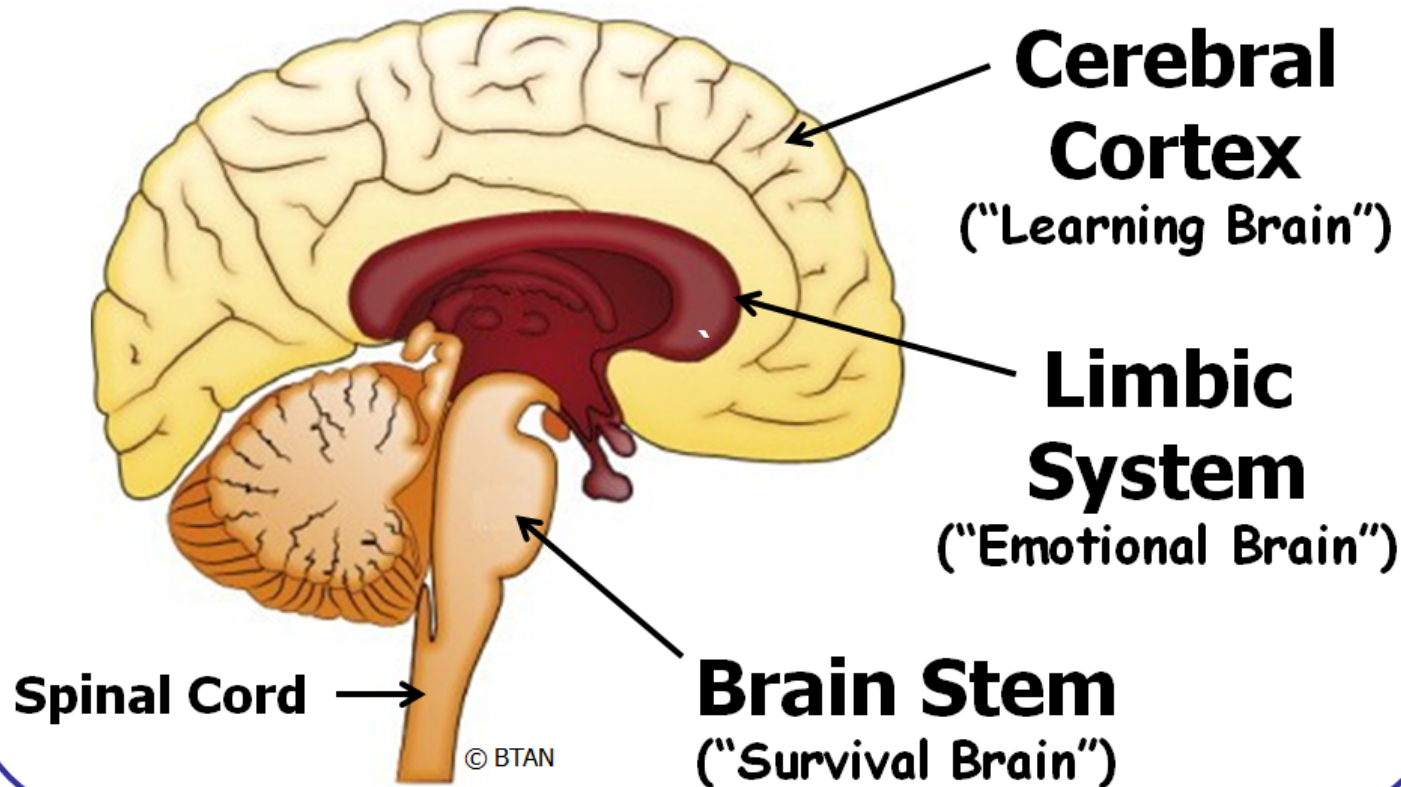


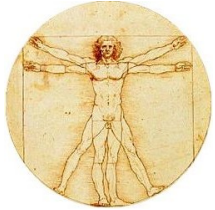
# OUR EVOLVING BRAIN



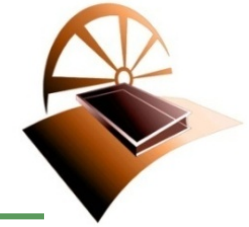
Our brain evolved over millions of years into **3 main layers**:

## HUMAN BRAIN



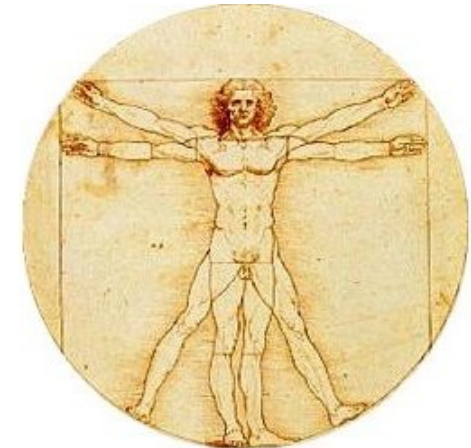


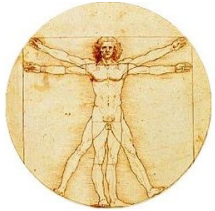
# MENTAL EXPERIENCE



## THREE PARTS OF MENTAL EXPERIENCES:

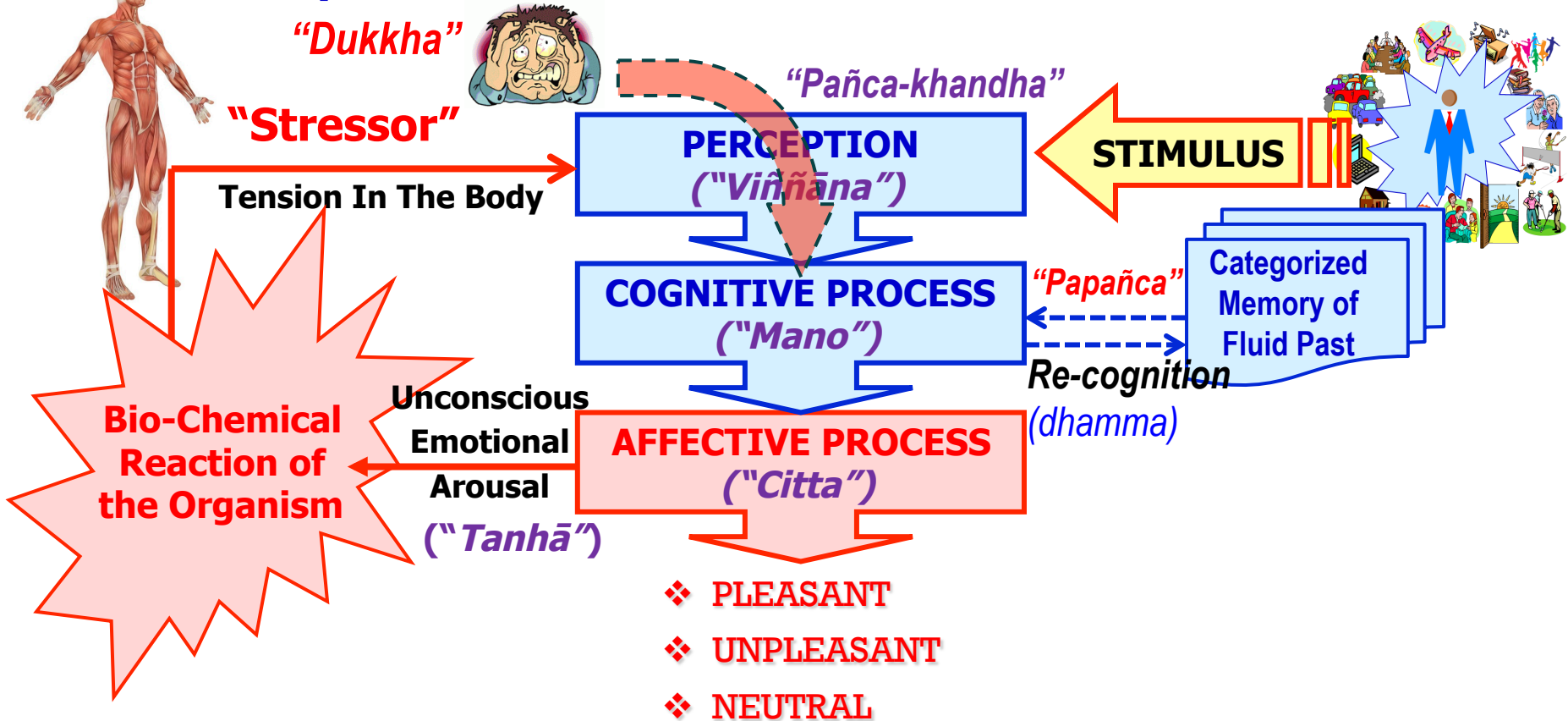
- **Viññāna** : Product of the Process of Perception
  - what is perceived through the sense organs;
- **Mano** : Cognitive Process ("intellect")
  - categorized interpretation of perception giving meaning to what was perceived;
- **Citta** : Affective Process ("emotions")
  - arousal of emotion leading to emotional excitement;
  - personalizing the experience with the notion there is a "self" in the "world".



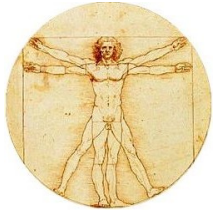


# PROCESS OF EXPERIENCE

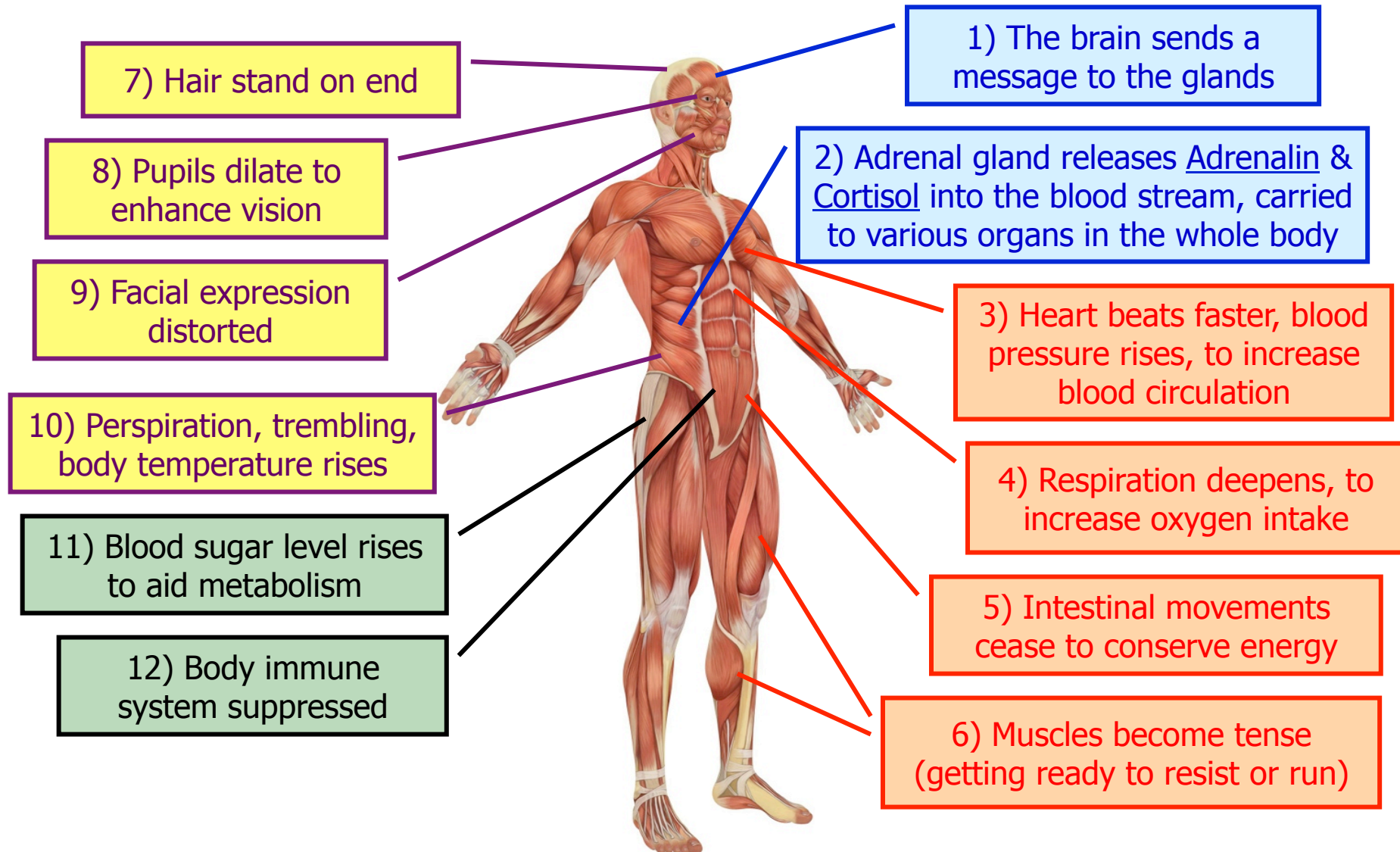
❖ Experience is a Chain-Reaction:

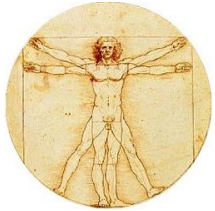


- **Grief (sōka)**
- **Lamentation (paridēva)**



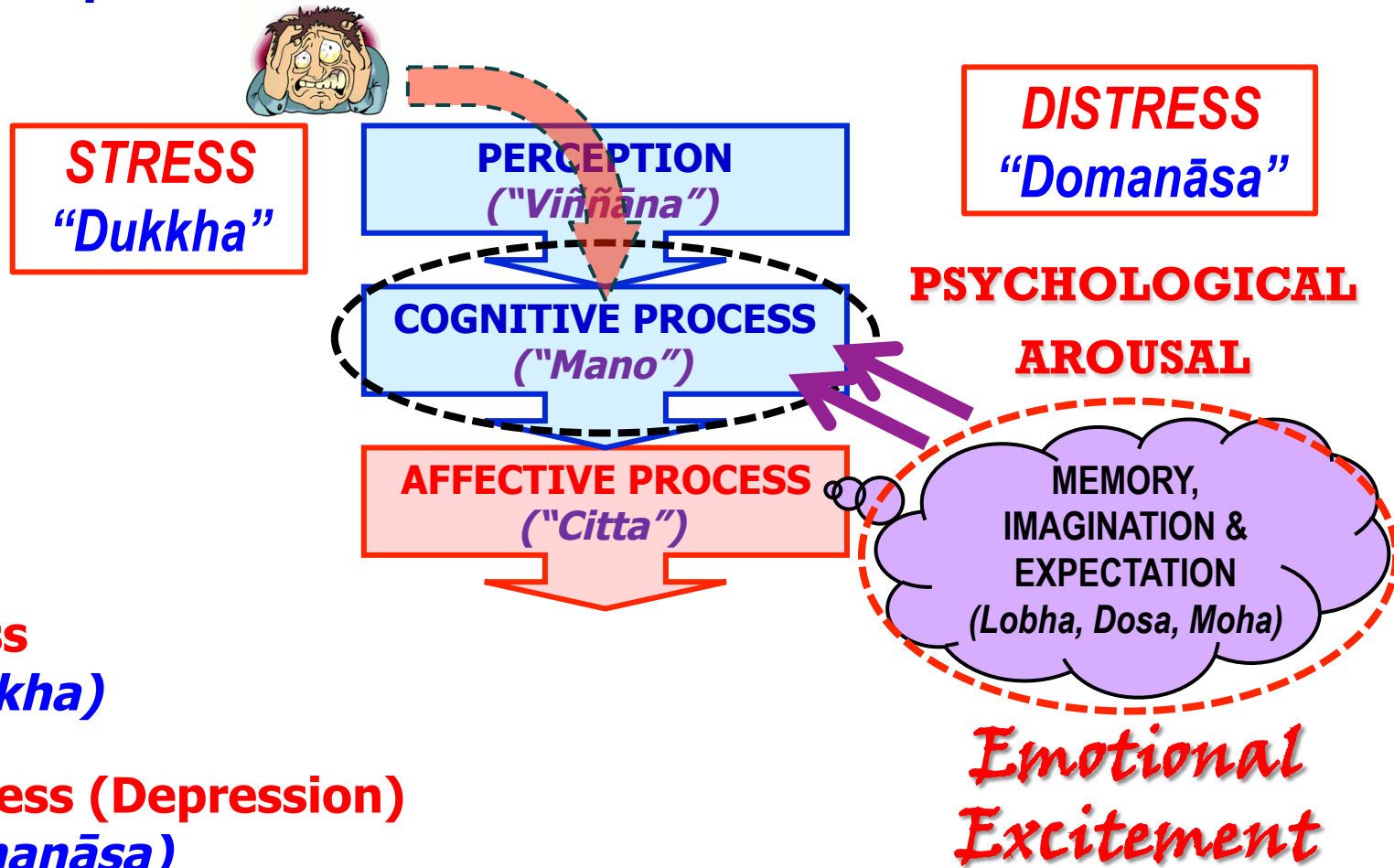
# FIGHT OR FLIGHT REACTION





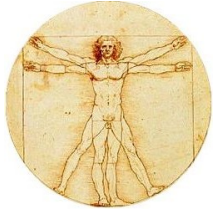
# EMOTIONAL REACTION

❖ Experience is a Chain-Reaction:

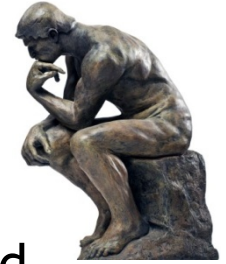


- Stress (*dukkha*)
- Distress (Depression) (*domanāsa*)



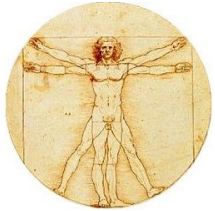


# COGNITIVE DISSONANCE (**Vicikicchā**)



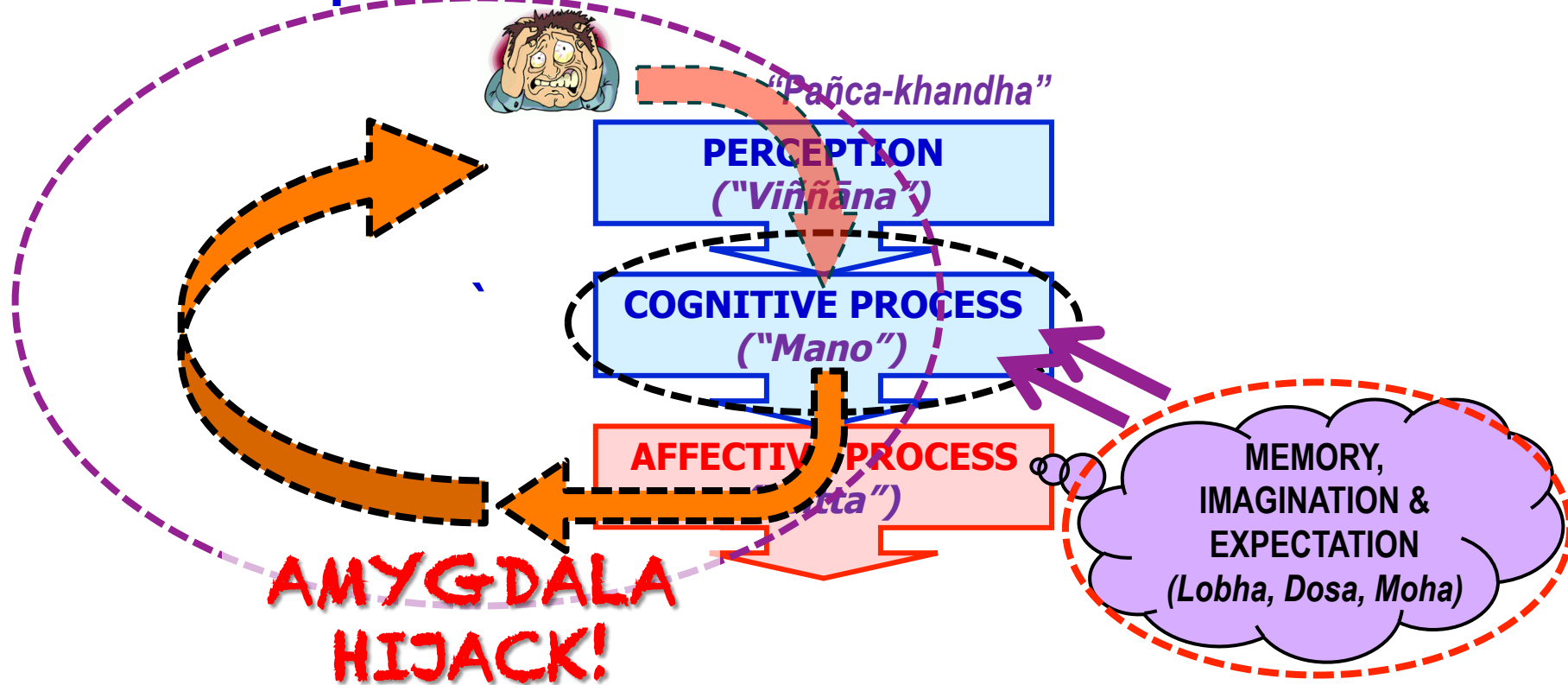
- ❖ When "FEELING" and "REASONING" pull in opposite directions and one experiences **cognitive dissonance** ("**vicikicchā**"), one invariably reacts according to FEELING, and then "justify" one's **emotionally charged decisions** with clever "reasoning".



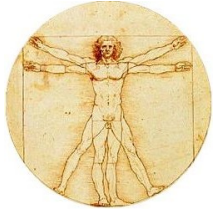


# EMOTIONAL HIJACK

❖ Experience is a Chain-Reaction:

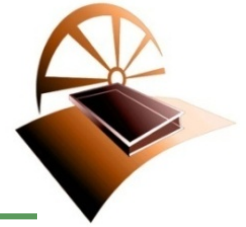


**Expiration / Exhaustion**  
*(upāyāsa)*



# EMOTIONAL REACTIONS (**Tanhā**)

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Emotional reactions (tanhā) are of three types:

- **Pleasant sensations:**

- **Lobha**: Lust & greed for pleasures  
( kāma-tanhā )

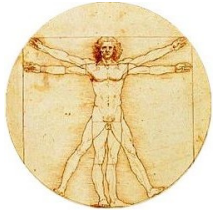
- **Neutral sensations:**

- **Moha**: Delusion of existence  
( bhava-tanhā )

- **Unpleasant sensations:**

- **Dosa**: Aversion & hatred of displeasures  
( vibhava-tanhā )

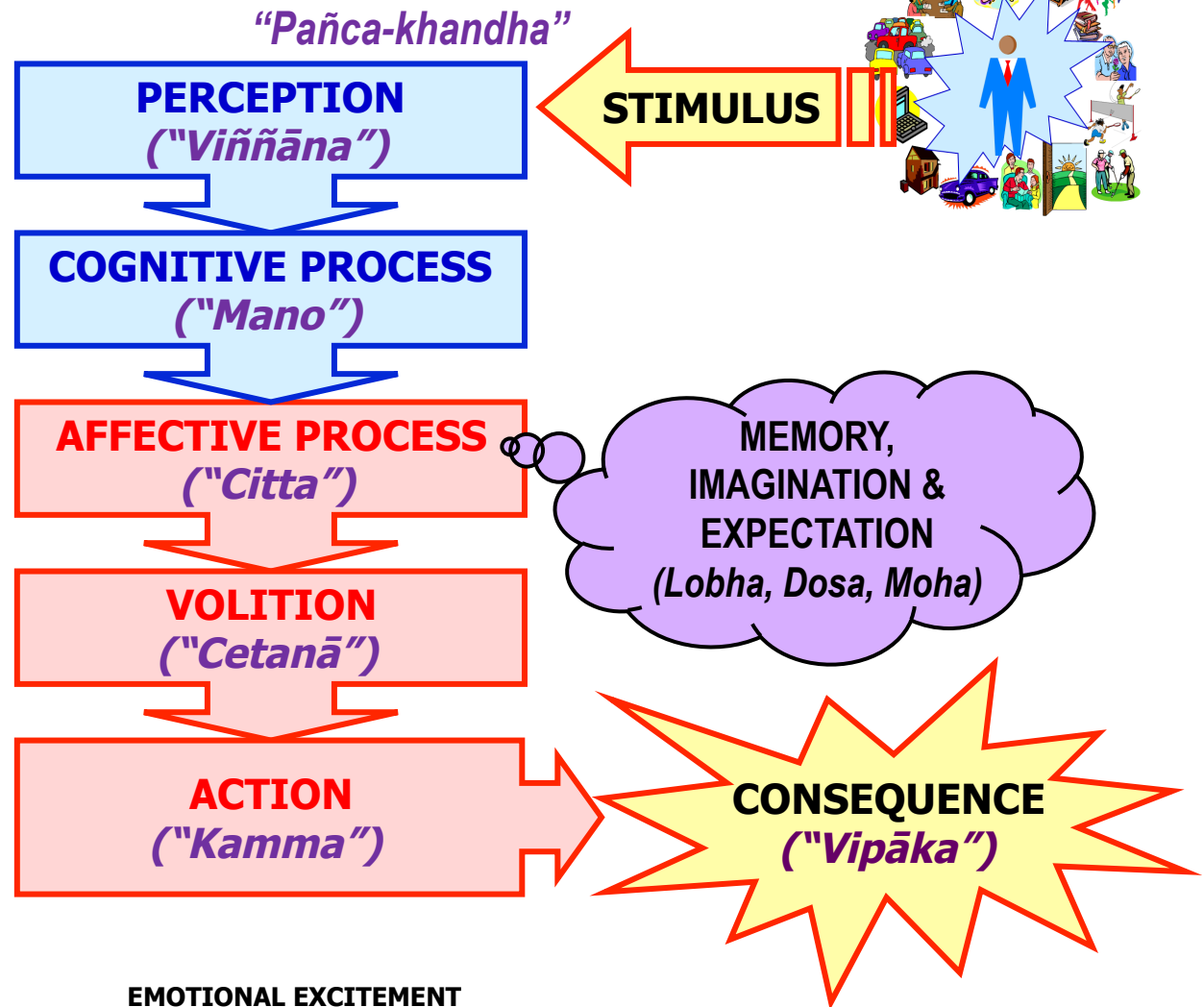




# PROCESS OF EXPERIENCE



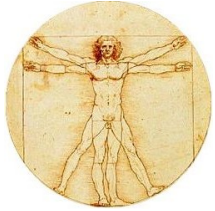
❖ Experience is a Chain-Reaction:



## 8 Worldly Conditions:

- ☒ Gain & Loss
- ☒ Fame & Ill-fame
- ☒ Praise & Blame
- ☒ Pleasure & Pain

(Lokavipatti Sutta AN 8:6)

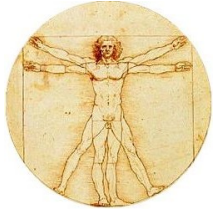


# CONSEQUENCE OF THE REACTION (Vipāka)



- Consequences of the reaction are Internal and External
- The Internal consequences arise at different levels:  
**(General Adaptation Syndrome – “stress” )**

1. Grief/Sorrow (sōka)
  2. Lamentation/Mourning (paridēva)
  3. Physical Pain (dukkha)
  4. Distress/Depression (domanāsa)
  5. Exhaustion/Expiration (upāyāsa)
1. Alarm Reaction
2. Stage of Resistance
3. Stage of Exhaustion

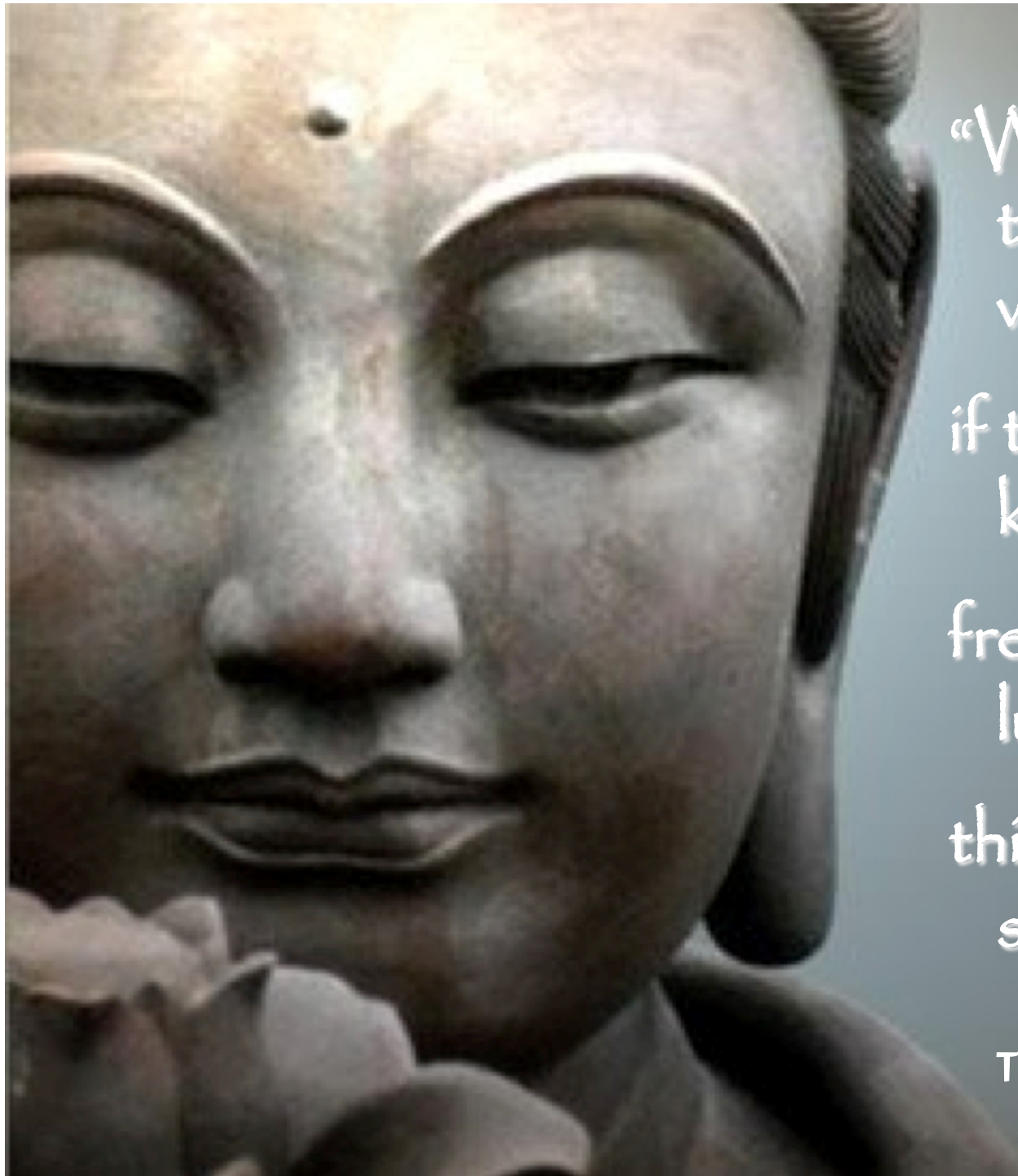


# External Consequences

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- External consequences arise in different ways:
  1. In relation to Opposite Party
  2. In relation to Society
  3. In relation to Law of the Land
  4. In relation to Environment
  5. In relation to Matters arising after Death



“When faced with  
the changing  
vicissitudes of life,  
if the mind can be  
kept undisturbed,  
free from worry,  
lust, and fear,  
this is the  
supreme bliss.”

*The Buddha (Mangala Sutta)*